

## Remember...We're All in This Together

It's a challenging time for parents, families and also for teachers and children. Try these 10 at-home learning tips from [Children and Screens: Institute of Digital Media and Child Development](#) to help your family adjust to the current reality.

- Consider a digital quarantine and limit your children's cell phones and tablets until after their schoolwork is completed.
- Make space for learning, ideally a comfortable, quiet space away from where they normally play games or watch television.
- Monitor the (computer) monitor, which simply means observing to make sure kids are learning and not zoning out.
- Take a digital recess so kids can get physical activity. If it helps, set alarms and send the kids outside.
- Encourage your kids to video chat or text until it's safe for them to return to school and have "face-to-face" discussions about appropriate screen time.
- Keep it old school and encourage print and book reading, especially for the smaller children.
- Check in with other parents to ask for advice, share concerns, and useful tips.
- Plan your work and work your plan to relieve stress and figure out priorities.
- Remind your children that this isn't a vacation and they still have assignments, grades, requirements, and tests.
- Don't forget to have fun and plan off-screen activities for the whole family. Use this time together as an opportunity to bond.